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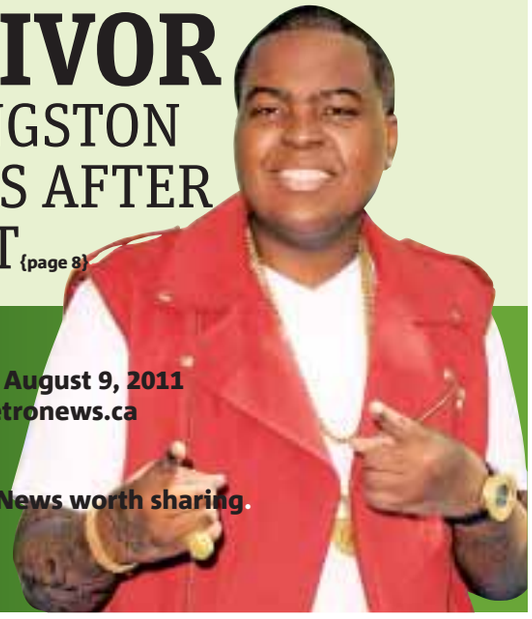
WISTERIA LANE'S DEAD END
FELICITY HUFFMAN SHEDS TEARS {page 7}

SURVIVOR
SEAN KINGSTON RECOVERS AFTER ACCIDENT {page 8}



LONDON metro®
Tuesday, August 9, 2011
www.metronews.ca
News worth sharing.

Logo change no 'cheap' effort

Londoners will be involved in process, perhaps as a contest to create the new logo ▶ New logo would be city's fourth since 1979

▶ London's logo adorns everything from T-shirts to garbage cans to city hall to this pillar, at Veterans Memorial Parkway and Oxford Street, which welcomes people to the city.

ANGELA MULLINS/METRO

Freshening up London's logo isn't on a fast track by any means.

It could be months before officials are ready to get down to the nitty-gritty business of talking about cost, process and, for that matter, the feasibility of altering the city's emblem.

If there's anything for certain, it's that re-branding the Forest City will require a lot of switching up and, likely, paying out.

"It's never really a cheap thing," Elaine Gamble, London's director of corporate communications, said about rebranding. "There definitely is a cost to implement it."

Gamble, who is overseeing the project, said it's too early to talk about dollars and cents. She and others were working yesterday to find a report on how much a similar project cost in 2000 — the last time the city pruned its official tree.

City officials don't have a count, or even an estimate, of how many logos would have to be replaced.

Gamble plans to give city council a report this fall outlining the effort. That report, she said, will include possible costs, pros and cons, and ideas for implementation.

"This is something that has to speak to all Londoners," she said. "So we want them to be involved."

ANGELA MULLINS

Where it's at

▶ City hall

London's tree logo is scattered around the city in obscure and not-so-obscure places. City officials don't have an exact list of where it's being used. But these are some examples:

- Letterhead
- Internal and external signs
- Website
- Flags
- Vehicles
- Business cards, pens
- T-shirts, jackets, sweaters
- Garbage cans
- Mugs, glassware
- Briefcases
- Keychains

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1 news

From riding transit to public stigma, Canadians discuss challenges of living with epilepsy. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to **m.metronews.ca**

On the web at metronews.ca

It's been a wild ride on the markets recently, but Allan Small says investors would be wise not to panic. More at metronews.ca/investing

Follow us on Twitter @themetrolondon

Peek. A-boo!

▶ Dane Arn, 32, of London makes faces at his five-month-old son, Logan, yesterday in Victoria Park. Dane was on a break from work, sharing a lunch of bananas and cherries with Dane and his wife, Tammy Arn, 35. Arn said it was Logan's first trip to the park, and his first glimpse inside his dad's lunchtime ritual.

ANGELA MULLINS/FOR METRO

Stolen moments: Dad sneaks in family time

Labour-force report not all doom and gloom

Employment agency Manpower predicting solid numbers through September for the Forest City

ANGELA MULLINS
LONDON@METRONEWS.CA

Statistics Canada's latest labour-force report left a stormy cloud over London last week.

With unemployment at 9.1 per cent in July, the city had the second-highest number of jobless workers in Ontario. Only Peterborough posted a higher rate: 11 per cent.

The provincial rate was 7.5.

But it's not all doom and gloom. Some sectors are looking for workers, and one of the biggest pushes right now is in the auto industry, said Joulie Makrostergios, London branch manager of recruiter Lucas Works.

That could come as a surprise given the industry's recent struggles.

"It seems like there's a trend every four years," Makrostergios said. "Things go up and then every four years they go down."

A lot of the hiring Lucas Works does for the auto industry is temporary. But, some clients are looking to hire permanent workers for the temp pool, Makrostergios said. When it comes to more permanent jobs, skilled trades — such as welding — are hot right now, she said.

That said, Makrostergios acknowledges the job market is tough. People who have been unemployed for months on end may need to consider making some changes or taking a step back and re-evaluating.

Finding work in today's economy may mean taking a job at a lower starting wage than in years past, taking a temporary job with hopes of staying on full time or finding a way to pick up new skills to become more marketable.

Unemployment

Statistics Canada's unemployment rates are based on metropolitan areas. That means London's rate belongs to more than just Londoners. It also includes:

- Adelaide Metcalfe
- Central Elgin
- Middlesex Centre
- Southwold
- St. Thomas
- Strathroy-Caradoc
- Thames Centre

Mashup challenge on Friday

Five finalists have qualified to perform at mindyourmind's second annual International Youth Day Mashup Challenge at Wolf Performance Hall on Friday at 7 p.m.

There were nearly 30 online auditions submitted in hopes of qualifying for a chance to win the top prize. The Entertainers, Cori & Samantha, Taylor Holden, Ashley Weisbeck and JFX & LOEBZ and ill at will must take the stage to impress a panel of guest judges and the general public.

Mindyourmind is a non-profit mental-health engagement program that works with youth, emerging adults and the professionals who serve them.

METRO

Competition facts

- **What:** International Youth Day Mashup Challenge
- **Where:** Wolf Performance Hall (Citi Plaza), 355 Wellington St.
- **When:** Friday, from 7 p.m. to 9 p.m.
- **Tickets:** Free. Go to youthdaymashupchallenge.eventbrite.com

Labatt Park advances in competition

Labatt Park has advanced to the semifinals in Canada's Favourite Ballpark contest on Baseball Canada's website (baseball.ca). Last week, Labatt Park received an impressive 79 per cent of the votes making it the Week 4 winner.

Labatt Park will face Week 3's winner, Stade Fernand-Bédard from Trois-Rivières, Que., starting Aug. 15 at noon and concluding Aug. 22 at 10 a.m.

METRO

No progress on contract for city's firefighters

First city police, now it appears that London firefighters will be heading toward arbitration, with talks on a new contract having gone nowhere.

Even though a conciliator was on hand in hopes of making a deal, discussions between the two sides broke down after only one day.

Both sides are hoping to schedule one more round of meetings in September before any possible arbitration. The two parties are still off on many traditional issues such as wages and benefits.

But there's also been a groundswell in the community to do away with the contentious issue of 24-hour shifts, where in essence, firefighters are paid to sleep on the job.

AM980/AM908.CA

News in brief

NKOTBSB fans raise funds

Sunday's charity pub at the Honest Lawyer attended by NKOTBSB fans raised $1,502 for the Canadian Breast Cancer Foundation. The goal was $1,000. Members of Team Betty Canada, who are participating in the Canadian Breast Cancer Foundation's Run for the Cure on Oct. 2, organized the event. METRO

Library wants your old hockey equipment

Pond Mills library is seeking donations of gently used hockey equipment. A hockey equipment exchange will be held from 9 a.m. to 1 p.m. on Aug. 20 at the Pond Mills branch of the London Public Library. METRO

New Tibetan leader sworn in

A Harvard-trained legal scholar was sworn in yesterday as new head of the Tibetan government-in-exile, taking over from the Dalai Lama as the official leader of his people's fight for freedom.

Lobsang Sangay now confronts many challenges, including the fact that he is the first secular figure to lead the deeply religious Tibetan community. He was also born in the eastern Indian town of Darjeeling and has never visited Tibet.

The Dalai Lama, 76, announced in March he would be giving up his political role as leader of the Tibetan exile movement, though he would remain the spiritual leader of Tibetan Buddhists.

THE ASSOCIATED PRESS

ASHWINI BHATIA/THE ASSOCIATED PRESS

▶ Lobsang Sangay, left, is blessed by the Dalai Lama at the Tsuglagkhang Temple in Dharmsala, India, yesterday.

Hey, you've got crabs

B.C. adopts e-card service to tell partners they may have an STI
Anonymous service designed to make notifications easier

MATT KIELTYKA
@METRONEWS.CA

Looking for a way to tell that special someone they may have contracted a sexually transmitted infection?

Say it with an e-card.

The B.C. Centre for Disease Control launched inSPOT yesterday, an online notification services for people diagnosed with a STI.

BCCDC's Dr. Mark Gilbert says the e-cards — ranging from serious notifications to humourous messages like "I got screwed while screwing, you might have too" — are designed to make the process of telling a partner they may be at risk less intimidating.

"It's heavy news to give someone no matter how they receive it," he said. "InSPOT can be a convenient and easy way to notify a partner."

INSPOT.ORG

You're too hot
to be out of action
I got diagnosed with an STD since we played.
You might want to get checked too. www.inspot.org

▶ InSPOT e-cards have defused some of the awkwardness of an uncomfortable conversation: discussing potential sexually transmitted diseases with a lover.

Although the service was just launched in B.C., inSPOT has been operating since 2004 in the U.S. and some Canadian cities.

The e-cards also help people connect with local testing sites and clinics and provides access to public health information.

The cards can be sent to up to six partners at a time and can be sent anonymously.

Gilbert stressed the service is just one option available to people.

Physicians still encourage people to tell their partners about possible infections either directly or through a health-care provider.

News in pictures

PHOTOS
1. LEWIS WHYLD/THE ASSOCIATED PRESS
2. MARIO TAMA/GETTY IMAGES
3. MIKE SIMONS/GETTY IMAGES
4. RUNGROJ YONGRIT/THE ASSOCIATED PRESS

1 British police yesterday promised a "momentous operation" to arrest rioters after a weekend of vandalism and looting that erupted in a poor London neighbourhood. THE ASSOCIATED PRESS

2 Czech President Vaclav Klaus lashed out yesterday at 13 ambassadors for their petition in support of a gay pride festival in Prague. THE ASSOCIATED PRESS

3 A cougar that seems unafraid of humans has been spotted near a provincial park around Alice Lake, near Squamish, B.C. THE CANADIAN PRESS

4 Yingluck Shinawatra vowed yesterday to work for national reconciliation as she formally became Thailand's first female prime minister. THE ASSOCIATED PRESS

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Children. Refugees

▶ Somali refugees wait to be processed at a UNHCR screening centre yesterday Dadaab, Kenya.

JEROME DELAY/THE ASSOCIATED PRESS

Somalia's child death toll climbs to staggering heights

The drought and famine in the horn of Africa has killed more than 29,000 children under the age of five in the last 90 days in southern Somalia alone, according to U.S. estimates. The UN says 640,000 Somali children are acutely malnourished, suggesting the death toll of small children will rise.

Maternal death rate quadruples in South Africa: Report

Between 1998-2007, maternal mortality rate leapt from 150 to 625 deaths for each 100,000 live births

One woman waited an hour and a half at the hospital, only to see a nurse who yelled that she was "lying about being in labour." Three hours later, her baby was stillborn. Another woman gave birth on the street, steps from a clinic that turned her away, saying her time had not come.

South Africa's maternal mortality rate has quadrupled while most African countries have improved theirs, according to a scathing report released yesterday by the New York-based Human Rights Watch.

The report says some of the increase — to more than 4,500 maternal deaths a year — could be the result of better reporting and a massive HIV/AIDS rate that has 18 per cent of South Africans infected, some 5.7 million people. But the group says the health indicator also has worsened because of a lack of accountability, corruption and poor health care.

Several other women recalled nurses telling them to "shut up" during labour, saying they had enjoyed the sex that made them pregnant so they should not complain about labour pains.

"All South Africa's good intentions, policies and strategies on paper won't save women's lives without strong accountability systems to make sure policies are carried out," said Agnes Odhiambo, the chief researcher for the HRW project.

South Africa spends the most on health per citizen in sub-Saharan Africa at $748 a year, and has infrastructure and expertise unrivaled on the continent. Maternity care is free, abortion is legal, and there is a system of confidential inquiries to assess levels and causes of maternal deaths.

Yet South Africa, sub-Saharan African's economic powerhouse, has no hope of meeting the UN millennium development goals that require 38 deaths per 100,000 births by 2015.

South African Health Minister Aaron Motsoaledi told reporters he agreed with some findings in the report and that officials are "painfully aware" of the problems. But he added that he has been working for more than two years to lower maternal deaths.

Human Rights Watch interviewed 157 women, many nurses and community caregivers as well as health officials between August 2010 and April 2011.

THE ASSOCIATED PRESS

Hospital probed

- One hospital is being investigated for 29 baby deaths within a few weeks in January, apparently from a superbug.
- The hospital had no gloves, disinfectant spray, soap or toilet paper.

ANDY WONG/THE ASSOCIATED PRESS

▶ A woman feeds ice cream to a toddler as they take rest at a park in Beijing on Sunday.

China vows to combat sex-selective abortions

China is vowing to strengthen enforcement to prevent sex-selective abortions and close a yawning gender gap in a country that already has tens of millions more boys than girls.

The pledge is in the outline of a plan for childhood development through 2020 but has no specifics. The plan said authorities would increase efforts against the non-medical use of ultrasound tests and abortion of fetuses based on gender.

Spurred by the one-child policy and a traditional preference for boys, sex-selective abortions have created a male-female ratio at birth in China of about 119 males to 100 females, with the gap as high as 130 males for every 100 females in some provinces. In industrialized countries, the ratio is 107 to 100.

THE ASSOCIATED PRESS

Stormy Monday

World markets fall as U.S. credit-rating downgrades

The Toronto stock market tumbled 491.21 points yesterday after the credit-rating downgrade of U.S. government debt served to further dent confidence that global leaders can stem worsening economic conditions.

New York markets fell hard, with the Dow industrials plunging 634.76 points to 10,809.85. Overseas markets also fell sharply, with London's FTSE 100 index down 2.6 per cent, Frankfurt's DAX losing 5.02 per cent and the Paris CAC 40 down 4.68 per cent.

Adding to market uncertainty, Standard & Poor's yesterday downgraded the credit ratings of mortgage lenders Fannie Mae and Freddie Mac, which between them own or guarantee half of U.S. mortgages. The move could mean higher mortgage rates.

"The big question mark now is whether you will see behaviour change (among investors and government leaders)," said Norman Raschkowan, a strategist at Mackenzie Financial. "That is what people are concerned about and why you have growing concerns about a double-dip recession." THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
- 491.21 (11,670.96)	- 1.25¢ (100.92¢ US)
Oil	**Natural gas**
- $5.57 ($81.31 US)	1,000 cu ft $3.935 US (+ 0.6¢) Gold contracts $1,713.20 US (+ $61.40)

Instant. Baguettes

▶ Jean-Louis Hecht displays a baguette from his dispenser in Paris yesterday. The machine takes pre-cooked loaves, bakes and ejects them within seconds, all for about one euro.

MICHEL EULER/THE ASSOCIATED PRESS

No knead for speed

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YOU MAY BE THE ONLY ONE LIST-ENING

SHE SAYS ...

JESSICA NAPIER
METRO

You can learn a lot about a person from the way they list.

Most people limit their list making to the practical — for grocery-store items, guest lists, packing checklists and other routine to-dos.

But I like to think that I take listing to a whole new level.

I'm constantly chronicling the things I love, the things I loathe, daily tasks and goals for the future.

Over the years I've compiled hundreds of lists to organize my thoughts, to catalogue my interests and to archive my life.

I make lists everywhere: on the magnetic notepad on my refrigerator, on napkins at restaurants, on my hand and in my head.

Lists are scrawled in the margins of my travel journals; they clutter up the desktop on my MacBook and often appear in this very column.

"They say a picture is worth a thousand words, but a tear-stained bullet-point list titled Reasons to Never Get Back Together with Your Ex tells you a lot more about that relationship than a photograph ever will."

Sometimes my lists are incredibly organized — numerical, alphabetical, chronological — but most are completely haphazard and almost entirely illegible.

While checklists are certainly the most sensible form of listing, I prefer to make countdowns. The best brunch places in the city, the worst movies of all time, the most romantic places I've ever been, the books I'd bring to a desert island, favourite ice cream flavours and on and on and on.

After watching High Fidelity, I developed a habit of making Top Five lists in every conceivable category. John Cusack's character's obsession with listing everything from his favourite records to his most memorable breakups really spoke to my affinity for categorization.

Even while writing this, I'm finding it difficult to resist the urge to compile a list of reasons why lists are so remarkable.

They bring order to our lives in the present and act as a reference point for the future.

Lists offer tiny glimpses into our daily routines, our best intentions and our biggest regrets.

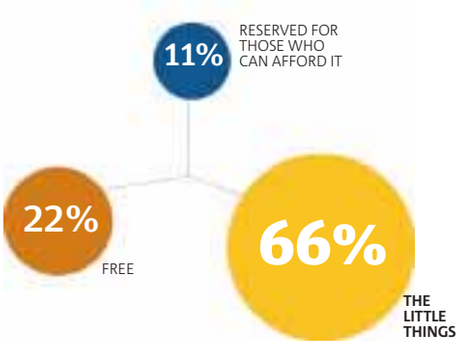
They say a picture is worth a thousand words, but a tear-stained bullet-point list titled Reasons to Never Get Back Together with Your Ex tells you a lot more about that relationship than a photograph ever will.

Our lists not only remind us to pick up milk; they tell the stories of who we are and who we want to be. They are perfunctory, ambitious, heartbreaking, scathing, hilarious and, more often than not, they are wonderfully self-indulgent.

Read more of Jessica Napier's columns at metronews.ca/shesays

Panel
Register at metropolitanpanel.ca and take the quick poll

The best things in life are:



Local tweets

- **@B_Kropp:** Fantastic job by Subaru of #LDNont to replace a brake calliper in under an hour after I absolutely destroyed it. Amazing service.
- **@michellecormier:** exactly 3 weeks and I'll be in #ldnont :)
- **@jvgrigg:** If anyone is looking to hire a successful marketing coordinator, I am available. I come highly recommended! #jobs #ontario #ldnont
- **@Goodwill_OGL:** MOVING SALE TIME at our downtown (205 Horton St) London location. 50% OFF EVERYTHING until we move late August! #ldnont
- **@ShannonKarleen:** I need to find an inexpensive 1 bdrm- downtown #ldnont for Sept 1. Let me know if you hear of anything :)
- **@eliothong:** Back in #ldnont and back to work @western_USC - someone bring me a coffee please #redeyeflight #nosleep #UWO
- **@the_Jasser:** I have a truck therefore I am car free every single day. RT: @tmdca: Who was at Car Free Fest this weekend?#ldnont

Worth Mentioning

8-YEAR-OLD HACKERS. Fewer things seem more out of place at the DefCon hacker convention than a swarm of kids.

For 18 years, hackers have gathered at DefCon, one of the largest and longest-running conferences of its kind, to share information about breaching and securing computers.

For the first time, DefCon included discussions and tutorials for budding hackers aged eight to 16 years.

One contest covered lock-picking techniques to be used in the event they forget their locker combination. And the kids were encouraged to find security vulnerabilities in popular technologies, from video games to computer hardware.

The emergence of the DefCon kids' conference comes as hackers make headlines around the world. Though the general public often associates hacking with criminality, the engineering culture of the technology mainstream has always embraced people who explore the boundaries of what can be done with computers and other gadgets.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Egg-cellent discovery on Alaska coast

Scientists have identified an orange-coloured gunk that appeared along the shore of a remote Alaska village as millions of microscopic eggs.

But the mystery is not quite solved. Officials with the U.S. National Oceanic and Atmospheric Administration said yesterday they don't know what species the eggs are or if they are toxic.

They have sent samples to a laboratory on the East Coast for further analysis.

The neon orange goo showed up last week on the surface of the water in Kivalina, an Inupiat Eskimo community located at the tip of a 12.8-kilometre barrier reef on Alaska's northwest coast.

MIDA SWAN/THE ASSOCIATED PRESS

▶The identified eggs

Residents live largely off the land, and many are worried about the effect on the local wildlife and plants from a substance never seen there before.

THE ASSOCIATED PRESS

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Word travels fast on Wisteria Lane

Desperate Housewives star Felicity Huffman got news of the show's demise from co-star Marcia Cross Huffman speculates her character may end the series with a divorce

On Sunday, ABC officially confirmed reports that the upcoming season of Desperate Housewives would be its last.

But series star Felicity Huffman got the bad news on Friday — in an e-mail from her co-star Marcia Cross.

Only after that did she get the call from Housewives creator Marc Cherry.

Huffman, who plays frustrated stay-at-home mom Lynette, said she shed a few tears at her kitchen table while consoled by her husband, actor William H. Macy.

Then, she said, their nine-year-old daughter entered the room and set her straight.

"It's OK, mama. You'll work again," she told Huffman.

Desperate Housewives, a sassy prime-time soap opera with an ensemble cast also including Teri Hatcher and Eva Longoria, made a splash when it premiered in 2004 but has since seen a falloff in the ratings and buzz from viewers.

At an ABC press party Sunday night, Huffman said she was sad that Housewives would be ending after eight seasons.

HANDOUT

ABC has officially confirmed the cancellation of Desperate Housewives.

But she's also exhilarated by potential story lines in the show's home stretch. In her mind, the troubled but so-far-enduring marriage of Lynette and Tom (played by Doug Savant) might be on the rocks.

"I think they could get divorced," Huffman proposed with undisguised relish.

"All bets are off. I think it's so great to bust the lid off."

Asked how she plans to cope with relinquishing the role of Lynette, Huffman quoted an old saying about recovering from a broken relationship.

"The only way to get over somebody is to get under somebody," she chuckled.

"I just think it takes another job."

Marcia Cross, who plays neurotic super-homemaker Bree, insisted she hadn't meant to break the news to Huffman in that email.

"Felicity is always on top of everything, while I'm usually four steps behind," explained Cross, who said she was alerted by her manager.

"It didn't occur to me that she didn't already know."

"I was really glad to hear it from you," Huffman told her as they commiserated.

"I thought it was coming and I think it's the right thing," Cross said of the show's demise.

"But I still feel very sad and discombobulated."

THE ASSOCIATED PRESS

"I thought it was coming and I think it's the right thing. But I still feel very sad and discombobulated."
DESPERATE HOUSEWIVES STAR MARCIA CROSS ON THE SHOW'S CANCELLATION

DVD Releases

Buy it | Rent it | Borrow it | Yawn | Don't bother

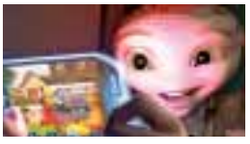
Mars Needs Moms

Genre: Animated
Director: Simon Wells
Stars: Seth Green, Joan Cusack

Despite its way-out theme, there's not going much on in Mars Needs Moms.

Director Simon Wells (The Time Machine) had to answer to producer Robert Zemeckis, who weirdly clings to motion-capture animation, despite a general lack of audience enthusiasm for the unearthly feeling it creates.

Joan Cusack is wasted as the kidnapped mom. So is



Seth Green as her 9-year-old son Milo, who travels to Mars to rescue Cusack, having decided she's not a "broccoli bully" after all. Weirdly,

Green's face is on pint-sized Milo, but not his voice. He's been vocally replaced by a real whiny 11-year-old.

The film isn't a disaster. It has a positive message about family bonding that parents will love and kids may like. But all those mistakes and compromises add up. This Mars doesn't need moms; it needs mojo.

PETER HOWELL

Your Highness

Genre: Fantasy
Director: David Gordon Green
Stars: Danny McBride, Natalie Portman, James Franco

If you've ever wondered how many bad jokes you could make about a severed minotaur penis, Your Highness provides the answer: it's limitless.

This low medieval farce, about a bong-worshipping younger son (Danny McBride) seeking to prove he's as brave as his bro (James Franco),seems more eager to riff on a certain male appendage.

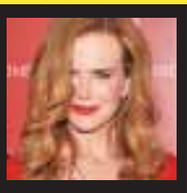
Your Highness may hit the record books for a dubious achievement: the fastest stumble from Oscar glory into a career cow pie. Having just won Best Actress for Black Swan, Natalie Portman now swan dives into a dung heap, while Best Actor nominee Franco manages to look even more stoned than he did as Oscar host.

Extras include alternate and deleted scenes, a gag reel, a making-of featurette and cast and crew commentary.

PETER HOWELL

2 scene

Box office



More than three dozen celebrities, including Nicole Kidman and Robin Williams, athlete Carmelo Anthony and Supreme Court Justice Sonia Sotomayor, are set to appear on the new season of Sesame Street. Sesame Street begins its 42nd season on PBS on Sept. 26. PBS said Monday the focus of the preschool educational series will be on science, math and engineering education. That includes age-appropriate experimentation, including designing a launcher to send Hubert the Human Cannonball over a yard and into a bucket of blue gelatin on the season premiere. Other celebrities set to make cameos include Mark Ruffalo, Sofia Vergara and Seth Rogen.

THE ASSOCIATED PRESS

Glee creators are scaring up an American Horror Story about marriage and infidelity.

Lopez pours her woes into work

Performer keeping busy following split from singer husband Won't have to search far for inspiration with new role in mom-centric movie

ALL PHOTOS GETTY IMAGES

Jennifer Lopez

While her split from Marc Anthony has been "painful," Jennifer Lopez is reportedly feeling good about her decision to end their marriage, according to People magazine.

"She is very relieved to be out of [the marriage], frankly," says a source.

"I don't think she is sitting around crying or wondering if she made the wrong decision."

In fact, far from sitting down, she's off to Atlanta — twins in tow — to film her next project, What to Expect When You're Expecting.

"For her, it's back to business," the source says. "She is all about her career. She's excited to move on."

METRO

Jennifer Aniston

Aniston and Theroux act like a Maui-d couple

Jennifer Aniston and her new boyfriend Justin Theroux are living it up in Hawaii leading up to Theroux's 40th birthday tomorrow, according to Us Weekly.

The couple arrived last week and have spent their time shopping, going on lunchtime retreats and attending a party at Ben Stiller and wife Christine Taylor's vacation home.

"When they left the store, Jennifer was massaging Justin's shoulders from behind, and he turned around and said something that made her laugh hysterically," a source says of one of their shopping trips.

"They seemed giddy in love and genuinely happy together."

METRO

Quick Dish

He's once, twice, four times a father

BABY BOOM. Ethan Hawke and wife Ryan welcomed a second daughter recently, naming the baby Indiana, according to Us Weekly. They stepped out with the newborn for the first time in New York recently. The couple, who wed in 2008, also have a three-year-old daughter, Clementine, and Ethan has a 13-year-old daughter, Maya, and nine-year-old son, Levon, with ex-wife Uma Thurman. METRO

Mila likes a guy she can giggle with

WHAT A GIRL WANTS. Mila Kunis says what she looks for most in a man is the ability to make her laugh. "Humour is an amazing quality to have," the actress, who dated Macauley Culkin for years and denies rumors about dating Friends with Benefits co-star Justin Timberlake, tells Glamour. "I like sarcasm, satire, self-deprecating humour. But I also think there's something to be said for not looking for anything and being pleasantly surprised." METRO

Celebrity tweets

"Attention: My new birth date is August 14, 1965."
@SteveMartinToGo

"I'm so excited we're getting our own Depression. I always felt jealous of my Granny and all her "Back in the Depression..." stories."
@MarthaPlimpton

"Buy and read a newspaper every day. In print or online, there is information in newspapers you will never get from other media."
@AlecBaldwin

"I would totally dress up like @KatyPerry but I think she looks WAY better in a cupcake bra than I do.."
@therealzooeyd

Singer bounces back after accident

At the Teen Choice Awards, Singer Sean Kingston walked his first red carpet since a near-fatal jet ski accident in Miami in May, and he says he's learned a lot lying in a hospital bed. "Basically, I learned that in life anything can happen and you have to count your blessings," the 21-year-old Jamaican singer tells People magazine. "You have to be cautious about what you do." " METRO

Sean Kingston

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Cole still a little sour, Cowell says

Simon Cowell is opening up about exactly how Cheryl Cole's involvement with the U.S. edition of X Factor fell apart.

"After two cities, I offered her the job, which initially she accepted," Cowell says, according to Radar Online.

"And then unfortunately when it went public, the negotiations fell apart, so I thought she would be more comfortable doing the U.K. show than the American show. For certain reasons, [she] decided not to."

And while the pair have been friends and colleagues for years, the latest episode might have a lasting impact: "She is still grumpy with me," Cowell admits.

METRO

8 glasses a day? No way

Despite what conventional wisdom has told us, one U.K. doctor is saying that there is no evidence drinking water has big health benefits Find out why she argues it is all a myth

CELIA MILNE
LIFE@METRONEWS.CA

Advice to drink eight glasses of water a day is pure baloney, according to a U.K. physician.

Dr. Margaret McCartney, writing in the British Medical Journal, argues that there is no strong evidence of the benefits of drinking increased amounts of water. Though there may be some situations where people need to drink that much, the idea that we are all at risk for dehydration is a myth promoted by makers of bottled water, she wrote.

McCartney, in this week's BMJ, says there is currently no clear evidence of benefit from drinking increased amounts of water, she says, yet the "we-don't-drink-enough-water" myth has endless advocates, including the NHS.

The NHS Choices website states: "Try to drink about six to eight glasses of water (or other fluids) a day to prevent dehydration," while many schools also feel it appropriate to insist that pupils are accompanied to school by a water bottle.

Other organizations, often with vested interests, reinforce this message, she says. For example, Hydration for Health (created by French food giant Danone — makers of bottled waters including Volvic and Evian) recommends 1.5 to two litres of water daily as "the simplest and healthiest hydration advice you can give." It also claims that "even mild dehydration plays a role in the development of various diseases."

But McCartney argues that there is no high quality published evidence to support these claims.

She points to several studies showing no clear evidence of benefit from drinking increased amounts of water and suggesting there may be unintended harms attached to an enforcement to drink more water.

"It would seem, therefore, that water is not a simple solution to multiple health problems," she writes.

For instance, reports that increased water intake in children can improve concentration and mental performance have not been confirmed by research studies, while data relating water drinking to a reduction in children being overweight are prone to bias.

While there are some conditions that do benefit from drinking increased water, such as in people with recurrent kidney stones, other evidence for preventing disease is conflicting, adds McCartney. In other words, this is a complex situation not easily remedied by telling everyone to drink more.

Untangling the evidence presented by Danone "results in weak and biased selection of evidence," she argues. Danone says we need "informed choices," but their own evidence does not support their call to action. She concludes it is pretty simple.

"There are many organisations with vested interests who would like to tell doctors and patients what to do. We should just say no."

ISTOCK PHOTO

▶ How many glasses of water should you drink every day? Less than you think.

3 life

Cancer

Health Canada says labels are being changed on finasteride drugs to add safety information on rare reports of breast cancer in men. Finasteride is a prescription drug sold under the brand name Propecia, used for the treatment of male pattern hair loss.

THE CANADIAN PRESS

Canada's fatty new melting pot

CELIA MILNE
LIFE@METRONEWS.CA

Canada's bad health habits rub off quickly on immigrants.

"When immigrants first arrive in Canada, they are generally in better health than the native-born Canadians. But this health advantage deteriorates as they live in Canada," says Katerina Maximova, assistant professor in the department of epidemiology at the school of public health at the University of Alberta in Edmonton.

Maximova and colleagues collected data on the heights and weights of 6,392 schoolchildren in 24 schools in Montreal over a five-year period. They compared how BMI increased among children born outside Canada, children born in Canada to immigrant parents, and children born in Canada to Canada-born parents.

ISTOCK PHOTOS

"What was most interesting is that second generation immigrant children lost their health advantage very quickly, so that their BMI increases with age were similar to those of children of parents born in Canada," Maximova told Metro.

When they arrive in Canada, most immigrants initially settle in low-income, inner-city neighbourhoods, and those are the communities that were included in the study. Unfortunately, such neighbourhoods have higher rates of overweight and obesity.

"As they integrate into Canadian society, they may adopt the unhealthy lifestyles of native-born Canadian that live in low-income, inner-city neighbourhoods, such as low levels of physical activity and poor diet," says Maximova.

Law profs attack practice of guest authorship of medical studies, but is it fraud?

E-harassment shouldn't be taken lightly

Trauma from cyberstalking even more intense than in-person harassment, says clinical psychologist

ISTOCK

▶ In Canada, cyberstalking can be prosecuted as criminal harassment under Criminal Code section 264(1).

For all its obvious benefits, there is also a dark side to the cyberworld: online stalking and harassment that can leave victims feeling as if there's no safe haven providing escape from their pursuers.

"It's a new method for an old problem," says Dr. Elizabeth Carll, a clinical psychologist in Long Island, N.Y.

"Obviously the ones that everyone is aware of is putting false and humiliating information on the Internet, such as discussion boards, blogs, message boards, Facebook, as well as sending harassing emails and text messages."

But the psychological fallout from such electronic bully tactics can be even more devastating for those targeted than face-to-face exchanges, said Carll, who presented a talk on the issue Saturday at the annual meeting of the American Psychological Association in Washington.

"The symptoms of harassment and e-harassment are very similar — anxiety, fear, nightmares, feelings of helplessness, hypervigilence, having eating and sleeping difficulties, feeling out of control, a loss of personal safety — all of those kind of things go with harassment," she said.

850K

Citing statistics from the U.S. Justice Department and other sources, Dr. Carll said 850,000 American adults, mostly women, are targets of cyberstalking each year.

"But what's different is that it is more intense because the electronic harassment is so much more pervasive.

"Whatever humiliating thing they want to say about you can go out to everybody and they can continue to do this wherever you are, if you're online."

Someone being harassed at work can't necessarily evade their persecutor at home because computers and cellphones can allow incoming emails, texts and phone calls to continue 24-7, she said.

Even telephone caller ID isn't foolproof for avoiding contact — there are ways to alter the name that comes up when the phone rings, a technique dubbed "caller ID spoofing."

Cyberstalking is particularly traumatizing because its reach is global, Carll said in an interview from Washington.

"So it's not like only your school knows what's going on, but the whole world does. It's out there online, and you know how hard it is to get something off the Internet — when it's on, it's also staying there forever.

"Whereas in real-world bullying and harassment, once it stops, it stops."

THE CANADIAN PRESS

PLEASE TREAT MOTHERS EQUALLY

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

Hi Mr. Butler:
I've never been a fan of my boyfriends' mothers ... bad luck maybe? I've been seeing someone new for two months now and I'm wondering how long I can avoid meeting his mother. Please say a year or longer!!!
Daddy's Girl

Dear Daddy's Girl,

When I first read your question, I thought that you need to toughen up and go meet your boyfriend's mother soon or else your new man may take offence and you run the risk of losing him. Upon further reflection, however, the answer became clearer to me.

You should meet his mother within a month or so of him meeting yours! It's always prudent to treat mothers equally. Please give your boyfriend's mother a chance; she just may turn out to be the fabulous mother in-law of your future! Ask your new boyfriend to share with you a little about his mother and her interests.

Perhaps this will allow you to find a topic of interest ahead of time so that both of you will begin your relationship on the perfect foot and you can actually enjoy each other's company!

CHARLES WOULD LOVE TO HEAR YOUR QUESTIONS. EMAIL HIM AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

ISTOCK

▶ Meeting the parents is inevitable.

‘Budget’ doesn’t need to be a terrifying word

Mention the word “budget” to some people and you’ll likely be met with cringes and winces, the kind usually seen from dentists’ chairs.

It’s not very surprising because the perception about making a budget is that it requires us to think carefully about how and where we spend our money.

And most of the time we have no idea.

While it takes discipline to plan and implement a good budget, it doesn’t have to be rocket science.

We asked Jean-Rémy Deschênes, business coordinator in the Wealth Management department at Desjardins Group, for advice on how to create an effective plan.

ISTOCK

▶ Want more money? Stick to a plan.

How to get back on track with your money

It’s important to remember that the initial process of setting up your budget will require a bit of effort, but it’s worth it in the long run.

Keep it simple: Your budget should be straightforward and flexible so it can be easily modified if your income or expenses change.

Set your financial objectives: Your objectives should be realistic, measurable and time-bound. This will help you stick to your budget and to reach your financial goals and projects.

Be realistic and specific about your spending: Go through your credit union, bank or financial institution account statements to identify your spending patterns.

Each expense item will have its own line in your budget, for example housing, groceries, utilities, transportation, investments, retirement savings, entertainment, clothing, etc.

Identify and itemize your bills. Keep in mind that they may not all be monthly expenses, for example insurance premiums come only once a year, so make sure to break them down into monthly amounts.

Try to avoid guessing the amounts that you spend for each budget line. Be honest with yourself and aim to be as exact as possible.

Stay organized: Save all of your receipts and track them against your budget.

Be prepared: Allow for unplanned expenses like emergencies, occasional expenses like holidays, birthdays and other unforeseeables.

To learn more about creating and sticking to a budget, speak to the manager of your credit union, bank or financial advisor.

NEWS CANADA

Budgeting blues

Some of the key reasons budgets don’t work is because the person:

- lacks a clear understanding of their actual financial situation
- is unaware of their actual day-to-day expenditures
- hasn’t defined their financial needs, interests, objectives and goals
- has gotten carried away by debt and has allowed their savings to lag

EDITOR’S NOTE: Alison Griffiths will be back next week with her On Money column.

MARKET MADNESS

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Feel like you’re on a roller coaster with your investments? I definitely did last week when the market plunged due to massive economic uncertainty. Investors are feeling uneasy as whispers of “double dip recession” float through the media stirring up anxious conversation.

I certainly don’t want do downplay last week’s market losses, but frankly it’s unwise to get all hyped up and cash out your portfolio.

That action is counter to the most fundamental investment principle of all time: buy low and sell high.

Stats show that emotional investors, those who hop from investment to investment, return less than four per cent on their portfolios in the long run. Those who take a long-term view on the market and stay invested in quality stocks return upwards of 12 per cent.

Sure, it’s natural to get upset when your net worth plummets 20 per cent in a week, but rest assured, economic and stock market cycles (expansion, peaking, retraction and the trough-bottom of the barrel) have occurred many times in the past and people survived.

Why not take advantage of the market volatility and, with the advice of a financial advisor, consider buying investments that have been badly ‘beaten down’.

Then, follow in the footsteps of Warren Buffet, and hold on to good stocks for the long term allowing for appreciation and dividends.

My go-to websites when considering any stock purchase are globeinvestor.com and ca.finance.yahoo.com.

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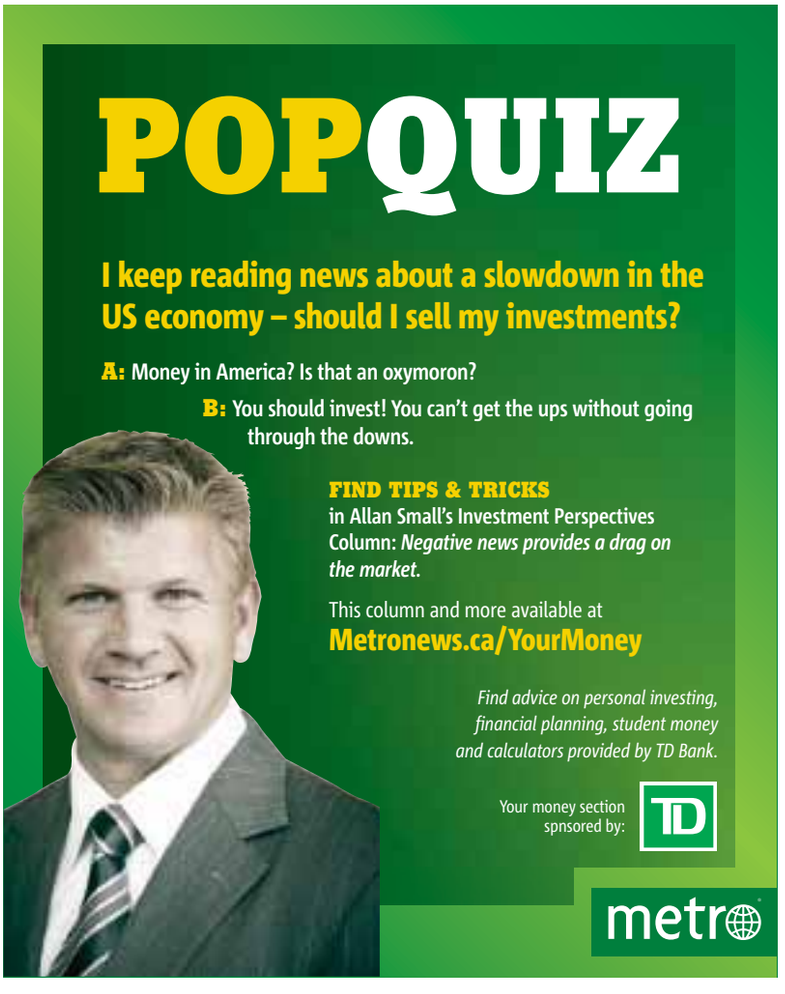
POPQUIZ
I keep reading news about a slowdown in the US economy – should I sell my investments?
A: Money in America? Is that an oxymoron?
B: You should invest! You can’t get the ups without going through the downs.
FIND TIPS & TRICKS
in Allan Small’s Investment Perspectives Column: Negative news provides a drag on the market.
This column and more available at
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THE CANADIAN PRESS H/O

Parmesan Pie Fries

Ingredients:

- 1 frozen deep-dish pie shell
- 1 ml (1/4 tsp) garlic powder
- 50 ml (1/4 cup) grated Parmesan cheese
- 15 ml (1 tbsp) chopped parsley
- 15 ml (1 tbsp) olive oil

Preparation:

1. Preheat oven to 200 C (400 F). Remove pie shell from freezer and let thaw at room temperature 10 minutes.
2. In a small bowl, combine garlic powder, Parmesan and parsley; set aside.
3. Remove pie shell from foil onto a clean, flat, lightly floured work surface. If cracks appear in pastry, press together and repair using fingers moistened with water.
4. Cut out strips that are about 1 by 7.5 cm (1/2 to 3 inches) wide using a fluted pastry cutter and gently place on a parchment-lined baking sheet.
5. Brush lightly with oil and sprinkle with Parmesan mixture. Bake in preheated oven for 12 to 15 minute or until pastry is golden.

THE CANADIAN PRESS/ TENDERFLAKE

More than cheese & gravy

Smoke's Poutinerie serves Canada's favourite guilty pleasure — poutine — in many ways, including Bacon Cheeseburger and Double Pork

LUNCH RUSH

PAUL MITCHELL
FOOD@METRONEWS.CA

Smoke's Poutinerie is unabashedly and unapologetically unhealthy. Too much meat, too much fat. But you just have to love that poutine is the ultimate comfort food.

The independent chain has grown quickly for good reason — it provides a fast and decadent fix of Canada's favourite dish. The small shop offers limited seating so is great for lunch-on-the-go.

I enter to '80s hard rock that sets the tone for my self-destructive meal.

I have had the Double Pork ($7.99) before so I try the Bacon Cheeseburger poutine ($7.99). Everything is pre-prepped so the steaming carton is served almost immediately.

Gravy provides lubrication to the thin-cut fries and real cheese curds almost lost under heapings of ground beef, bacon and neon-orange cheese sauce.

It is a gooey mess that is overly salty but happily filling.

For those looking for unrepentant indulgence of fries and cheese overloaded with fried meat, look no further than Smoke's Poutinerie.

PAUL MITCHELL

▶ Bacon Cheeseburger poutine ($7.99).

Smoke's Poutinerie
551 Richmond St.
519-679-2873
smokespoutinerie.com
Social lunch: Yes
Quick solo lunch: Yes
Price range: $5.49 - $9.99
Rating: 3.5 out of 5

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Upsets as Rogers Cup opens

Qualifiers Galina Voskoboeva, Simona Halep knock off No. 9 and 12 seeds in Toronto

CHRIS YOUNG/THE CANADIAN PRESS

▶ Galina Voskoboeva plays a shot during her 6-3, 6-3 win over Marion Bartoli yesterday.

Galina Voskoboeva started a trend of upsets on the first day of the women's main draw at the Rogers Cup.

The qualifier from Kazakhstan eliminated No. 9 seed Marion Bartoli of France 6-3, 6-3 in first-round action yesterday just hours before 19-year-old Romanian Simona Halep rallied to take out 12th-seeded Svetlana Kuznetsova of Russia 4-6, 6-4, 6-3.

Kuznetsova made 50 unforced errors to lose control of the match and send Halep to the second round in the young qualifier's Rogers Cup debut.

The 55th-ranked Halep, who advanced to the main draw after defeating Toronto's Sharon Fichman in final-round qualifying Sunday, rebounded after dropping the opening set to stun the 15th-ranked Kuznetsova.

The 26-year-old Voskoboeva is ranked 135th in the world and came into the match fresh off a semifinals appearance at the inaugural Baku Cup in Azerbaijan. Her career-best ranking was No. 64 in February 2009.

Bartoli, meanwhile, struggled with her serve, giving away four double-fault points, while Voskoboeva capitalized on her opportunities by winning four of her six break points.

"It was a day when nothing was working," Bartoli said. "I tried my hardest but I committed so many mistakes it was hard to win. I was not feeling the ball and my legs were not moving. I was late on everything and committing a lot mistakes, especially on my backhand."

Bartoli was making her eighth visit to the Rogers Cup and first since a similar first-round defeat in 2009 when she lost as the 13th seed to Ukraine's Alona Bondarenko.

"Something is not going well for me here in Toronto," Bartoli said. "I don't know if it is the surface or the humidity or something, but it's been a two-year gap and it's the same kind of match."

Voskoboeva said going up against a top-10 seed didn't intimidate her.

"I'm pretty confident right now," she said. "I was not that nervous, you know, against who I was playing, so I just knew that I can play good and that's it."

Defending champion Caroline Wozniaki, who starts her title defence in the second round, noted the field is wide open in women's tennis these days, with a new face winning each of this year's Grand Slams so far. That means even superstars like her need to be on their best in the early rounds.

"I think there's a lot of good players out there and depending on the day you can win against anyone," said the top-seeded Dane. "It's about being consistent and thinking positive out there on the court and doing your best."

Third-seed Vera Zvonareva said the lack of a dominant player in the women's game right now means each event is impossible to predict.

"It's a very tough challenge right now as women's tennis is at a very high level and you can't have any predictions," Zvonareva said. "Anyone can win and it's very tough competition."

Earlier yesterday, Samantha Stosur opened on centre court at the Rexall Centre with a 4-6, 6-2, 6-3 victory over Japan's Ayumi Morita.

The 10th-seeded Australian was making her second appearance at the tournament after reaching the quarter-finals in 2009.

Stosur will meet the winner of today's match between Aleksandra Wozniak of Blainville, Que., and Shahar Peer of Israel.

THE CANADIAN PRESS

GRAHAM HUGHES/THE CANADIAN PRESS

▶ Erik Chvojka returns the ball to Alexander Dolgopolov.

Canadian underdog gives No. 21 a scare

He ranks 290th in the world, trains without a coach and had never before played in an ATP World Tour event.

But that didn't stop Canadian tennis player Erik Chvojka from delivering a scare yesterday to No. 21-ranked Alexandr Dolgopolov — a feat that thrilled a boisterous pro-Canuck crowd at the Rogers Cup in Montreal.

Chvojka, a 24-year-old from the Montreal suburb of Kirkland, battled hard against Dolgopolov's slicing backhands, before falling 6-3, 5-7, 6-4 at Uniprix Stadium.

"It was a beautiful day for me today," said Chvojka, who, as a kid, often watched his tennis idols play live at the Montreal event. THE CANADIAN PRESS

4 sports

Quoted

"I'm optimistic that we will have a season this year. Very optimistic."

LEBRON JAMES. IN AN INTERVIEW WITH THE ASSOCIATED PRESS, THE MIAMI HEAT FORWARD SAID HE IS NOT CONSIDERING OFFERS TO PLAY INTERNATIONALLY DURING THE NBA LOCKOUT — WITH ONE CATCH. HE'S COMMITTED TO THE 2012 OLYMPICS AND TRYING TO HELP THE UNITED STATES DEFEND THE GOLD MEDAL IT WON AT THE BEIJING GAMES.

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ANDY LYONS/GETTY IMAGES

▶ Tiger Woods reacts to a putt during the World Golf Championships-Bridgestone Invitational on Sunday.

Tiger toothless ahead of PGA Championship

Woods' aura fading going into year's final major at Atlanta Athletic Club

Tiger Woods stepped from behind a microphone, thankful to be done with a short interview that felt like an intrusion. He took 23 questions, most of them about his golf, a few others about his left leg, then walked off without looking at anyone.

"That's why you guys listen," he muttered under his breath, "and I play."

He was as dismissive as ever, but clearly not the Tiger Woods he once was.

On the golf course, he set an unparalleled standard of excellence. Starting Thursday, he'll compete in the PGA Championship without having won anything in 16 months. Since Woods returned from a sex scandal, he still doesn't have a corporate logo on his golf bag.

"His temperament, his patience ... that's been tested and tested and tested. He senses the public doesn't look at him in a perfect light the way they once did."
PGA TOUR GOLFER STUART APPLEBY

The red shirt on Sunday looks the same, yet even that has lost some of its meaning.

"That's his trademark," Graeme McDowell said. "Really, I think that's all it is right now. ... It's not really something to be intimidated by anymore."

McDowell, who won the U.S. Open last summer, still considers Woods to be special. But after more than a year of middling finishes and missed events because of injuries to his left leg, Woods is currently just another player in the field.

"Mystique is not something that's measurable," McDowell said. "It's when you stand on the tee box with him and you get the feeling you're in the presence of greatness. ... What Tiger was doing all for years and years was superhuman. He was imposing himself on players just by being there.

"Until he starts winning again, he's not going to get that back."
THE ASSOCIATED PRESS

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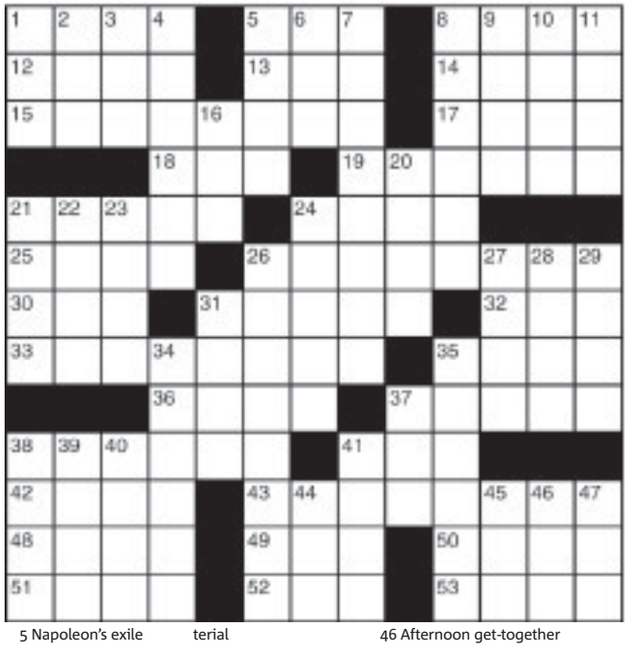

Across

1 Pro foe
5 Recede
8 Porridge-making Bear
12 Appear ominously
13 Zodiac cat
14 Couple, to gossipers
15 In all likelihood
17 Optimistic
18 Ms. Lupino
19 — tunnel syndrome
21 Diving bird related to the loon
24 Crazy
25 Exceptional
26 Pajama cover-up
30 Blackbird
31 Crazy
32 Started
33 Germs
35 Ran (from)
36 Gem used in cameos
37 Cecil's pal, on old TV
38 Hole-boring tool
41 Raw mineral
42 Exam format
43 Gymnasts
48 Toy on a string
49 Drag along
50 Stead
51 Soon, in verse
52 Lock opener
53 Verve

Down

1 Matterhorn, e.g.
2 Neither mate
3 Overly
4 Drink
5 Napoleon's exile isle
6 — canto
7 Refuses to do business with
8 Looking glass
9 On
10 Small plateau
11 — nitrate
16 Citric drink
20 Sore
21 Metric measure
22 Hindu princess
23 Attorney General Holder
24 Surgical glove material
26 Cooing, maybe
27 — podrida
28 Existed
29 Vortex
31 Skeleton component
34 Deodorant type
35 Weak
37 Sis' counterpart
38 Painter Francisco
39 Pressing need?
40 BLT spread
41 Mass revelry
44 Pool stick
45 Have a bug
46 Afternoon get-together
47 Major star

▶ Yesterday's answer

Sudoku

		1				8		
	3	9	7		2	4	5	
6	4						2	3
			6	1	4			
				5				
			3	9	8			
7	1						8	6
	6	8	4		1	7	9	
		5				2		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Everything
There are more than a trillion blades of grass and I only LOVE ONE!!! I LOVE you more EVERYDAY!!!!
FROM BLADE OF GRASS

Brim
Like someone told me, I cant wait to see where this house takes us next! Love you B
FROM J SHOOK

Roomie down the Hall 3 Germorda is coming to an end and I never would have guessed I would walk away with so much! No matter how far or in which country we end up next, we will always have 63 and you will always have me. Love you B
FROM ROOMMATE RULE BREAKER

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You will be enthralled by a radical idea, but you must not to act on it immediately.

♉ Taurus April 21-May 21 There is no point making a big issue of something that is really quite trivial.

♊ Gemini May 22-June 21 Aim to do something truly special today.

♋ Cancer June 22-July 22 If you start something new in the short-term it will bring you fame and fortune in the long-term.

♌ Leo July 23-Aug.23 Get out and about and meet new people today.

♍ Virgo Aug. 24- Sept. 22 You don't usually compare yourself to other people, so why start now?

♎ Libra Sept. 23-Oct. 23 The world is full of possibilities, so don't let negative thinking hold you back from experiencing and enjoying what life has to offer.

♏ Scorpio Oct. 24-Nov. 22 Any bad feelings you may be having about something you've said or done must be overcome.

♐ Sagittarius Nov. 23-Dec. 21 Under no circumstances should you back down or tone down your opinions.

♑ Capricorn Dec. 22-Jan. 20 If someone you work with demands that you conform "or else" today tell them to go jump.

♒ Aquarius Jan. 21-Feb. 18 Some people think you are bad. Others think you are mad. Actually you are neither. Be yourself, always.

♓ Pisces Feb. 19-March 20. You need to get tough with yourself about your financial situation.

SALLY BROMPTON

Caption contest

PAUL CHIASSON/THE CANADIAN PRESS

JOHN W. ADKISSON/ORANGE COUNTY REGISTER

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Responsible credit use helps newcomers attain independence

Heather Soares remembers teaching her daughters to be independent in their new Canadian surroundings. "When we realized the supermarket didn't offer bags or home delivery, the girls ran home for the luggage trolley," laughs Heather, who moved her two teenagers to Mississauga, Ontario from Pune, India.

Determined to build a future for her girls, Heather was hesitant to accept the guest room of a friend, or a credit card from her bank, since she wanted to avoid dependence. "I soon learned to accept help from good people, and that credit is part of life here," recalls Heather, who worked at a major bank in India where credit cards were not viewed favourably.

"I was ready to do anything, and soon realized that there were options available," adds Heather. She juggled a temporary job at a big box store alongside her eldest daughter, upgraded her skills at the Peel Mentoring Partnership for internationally trained professionals, and studied during her bus commute. Through ACCES, a program sponsored in part by Scotiabank, which assists job seekers new to Canada, Heather was able to write her Canadian Securities exam at no cost, and find a job at Scotiabank a year after arriving in Canada.

"It was wonderful for a bank to offer a credit card when no one would even rent you an apartment," notes Heather. She had herself benefited from the ***Scotiabank StartRight***® Program[1] for Newcomers, which includes a free day-to-day bank account for one year[2], a wide range of VISA* card options[3] and a number of other customized services and benefits – when she moved to Canada.

"Now I know that it's important to obtain credit within three years of coming to Canada. First, because life is expensive, and because you must build a credit history to show you are responsible," remarks the Personal Banking Officer, who explains wise credit use to customers at the Scotiabank Sheridan Centre branch.

For example, she advises them to be mindful of interest rates, avoid carrying a balance and to make the minimum monthly payment on time, to preserve their credit scores. She also helps them choose the right credit card features for their needs.

Heather also counsels immigrants about saving for their goals, like a new car or home ownership, by starting to save with higher-interest savings accounts and accessing government programs.

"I try to go the extra mile to help customers understand the services available to them," concludes Heather. "I've been in their shoes and I know one can achieve independence by talking to trusted advisers, doing research and helping yourself."

THIS ADVERTORIAL IS PREPARED BY SCOTIABANK.

Heather Soares shares crucial financial lessons with her daughters, and with new Canadians who visit her branch.

1. The *Scotiabank StartRight* Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.
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Luz Galindo
Scotia advisor

"Luz helped open the door to my credit history in Canada."

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[2]Subject to meeting Scotiabank's credit criteria and security requirements. A secured VISA* card for International Students requires security equal to 120% of approved credit limit. An unsecured VISA card may be available for Foreign Workers and Landed Immigrants/Permanent Residents, up to certain credit limits; a secured VISA card for Foreign Workers requires security equal to 100% of approved credit limit. VISA card security can be cash security, Canada Savings Bonds or Guaranteed Investment Certificate. In addition, to be eligible for a personal borrowing product, you must be a Canadian resident and have reached the age of majority: 18 years for PEI, QC, ON, MB, SK, AB, and 19 years for NL, NB, NS, BC, YT, NT, Nunavut. Currently the Auto Loan Program is available through select car dealerships in Canada: Kia, Chrysler, Hyundai, Jaguar/Land Rover, Mazda, Mitsubishi and Volvo. This program is only available for Landed Immigrants and Foreign Workers. Subject to financing Scotiabank terms and conditions. Downpayment required.